

## **Sample Food Items, Recipes, and Menus for Software Evaluations**

### **Updated March 2014**

This document contains sample food items, recipes, and menus used in the evaluation of the software.

Please enter the following food items, recipes, and menus into your software before submitting it to the Software Evaluation Coordinator for evaluation..

These food items, recipes, and menus were created for test purposes only. The menus do not meet the meal pattern requirements and dietary specifications of the Final Rule.

### **Food items/Ingredients**

Enter the food items below into the local database.

- (1) Lowfat Granola Bar
- (2) Pizza w/Pepperoni
- (3) Burrito w/beans
- (4) Croissant w/egg, cheese, ham
- (5) Biscuit w/ham
- (6) Nachos w/Cheese

## LOWFAT GRANOLA BAR

Brand Name: Webster

Food ID#: 910002

Serving Measures and Weights: 1 bar = 21 g

Description: Granola Bar, Low fat

Food Category: Snack Foods

Product Code: 234567890123451

Source of Nutrient Data: Manufacturer Food Label

Nutrients per serving (21 g):

|              |         |
|--------------|---------|
| MOISTURE     | missing |
| FOOD ENERGY  | 80 kcal |
| PROTEIN      | 2 g     |
| FAT          | 2.0 g   |
| CARBOHYDRATE | 16 g    |
| FIBER        | 1.0 g   |
| ASH          | missing |
| CALCIUM      | 0% DRV  |
| IRON         | 10% DRV |
| SODIUM       | 60 mg   |
| VITAMIN C    | missing |
| VITAMIN A    | 10% DRV |
| SAT. FAT     | 0 g     |
| CHOLESTEROL  | 0 mg    |
| SUGARS       | 6 g     |

## PIZZA W/ PEPPERONI

Brand Name: Paghetti's

Food ID#: 900002

Serving Measures and Weights:

1 medium slice (1/8 of a 12" diameter) = 71 g

1 pizza (12" diameter) = 567 g

Description: Pizza; pepperoni

Food Category: Purchased Mixed Dish--Lunch Entree

Nutrients per 100 g:

|              |          |
|--------------|----------|
| WATER        | 46.54 g  |
| CALORIES     | 255 kcal |
| PROTEIN      | 14.26 g  |
| FAT          | 9.80 g   |
| CARBOHYDRATE | 27.98 g  |
| FIBER        | .98 g    |
| ASH          | 1.42 g   |
| CALCIUM      | 91 mg    |
| IRON         | 1.32 mg  |
| SODIUM       | 376 mg   |
| VITAMIN C    | 2.3 mg   |
| VITAMIN A    | 397 IU   |
| SAT. FAT     | 3.149 g  |
| CHOL         | 20 mg    |
| SUGARS       | 4 g      |

## BURRITO W/ BEANS

Brand Name: Tex Mex

Food ID#: 900004

Serving Measures and Weights: 1 Burrito = 108.5 g

Description: Burrito; w/ Beans

Food Category: Purchased Mixed Dish--Lunch Entree

Nutrients per 100 g:

|              |          |
|--------------|----------|
| WATER        | 52.53 g  |
| CALORIES     | 206 kcal |
| PROTEIN      | 6.48 g   |
| FAT          | 6.22 g   |
| CARBOHYDRATE | 32.92 g  |
| FIBER        | 2.17 g   |
| ASH          | 1.85 g   |
| CALCIUM      | 52 mg    |
| IRON         | 2.08 mg  |
| SODIUM       | 454 mg   |
| VITAMIN C    | .9 mg    |
| VITAMIN A    | 153 IU   |
| SAT. FAT     | 3.174 g  |
| CHOL         | 2 mg     |
| SUGARS       | 1 g      |

## CROISSANT W/ EGG, CHEESE AND HAM

Brand Name: French's

Food ID#: 900006

Serving Measures and Weights: 1 Croissant = 152 g

Description: Croissant; w/ egg, cheese & ham

Food Category: Purchased Mixed Dish--Breakfast Entree

Nutrients per 100 g:

|              |          |
|--------------|----------|
| WATER        | 51.14 g  |
| CALORIES     | 312 kcal |
| PROTEIN      | 12.45 g  |
| FAT          | 22.09 g  |
| CARBOHYDRATE | 15.92 g  |
| FIBER        | .14 g    |
| ASH          | 2.48 g   |
| CALCIUM      | 95 mg    |
| IRON         | 1.40 mg  |
| SODIUM       | 711 mg   |
| VITAMIN C    | 7.5 mg   |
| VITAMIN A    | 297 IU   |
| SAT. FAT     | 11.497 g |
| CHOL         | 140 mg   |
| SUGARS       | 12 g     |

## BISCUIT W/ HAM

Brand Name: Porky's

Food ID#: 900005

Serving Measures and Weights: 1 Biscuit = 113 g

Description: Biscuit w/ ham

Food Category: Purchased Mixed Dish--Breakfast Entree

Nutrients per 100 g:

|              |           |
|--------------|-----------|
| WATER        | 28.40 g   |
| CALORIES     | 342 kcal  |
| PROTEIN      | 11.85 g   |
| FAT          | 16.30 g   |
| CARBOHYDRATE | 38.75 g   |
| FIBER        | .25 g     |
| ASH          | 4.70 g    |
| CALCIUM      | 142 mg    |
| IRON         | 2.41 mg   |
| SODIUM       | 1,268 mg  |
| VITAMIN C    | .1 mg     |
| VITAMIN A    | 10,118 IU |
| SAT. FAT     | 10.096 g  |
| CHOL         | 22 mg     |
| SUGARS       | 3 g       |

## NACHOS W/ CHEESE

Brand Name: Bandito

Food ID#: 900003

Serving Measures and Weights: 1 serving (6-8 nachos = 113 g)

Description: Nachos w/Cheese

Food Category: Snack or Side Dish or Miscellaneous

Nutrients per 100 g:

|              |          |
|--------------|----------|
| WATER        | 40.04 g  |
| CALORIES     | 119 kcal |
| PROTEIN      | 6.03 g   |
| FAT          | 9.32 g   |
| CARBOHYDRATE | 16.74 g  |
| FIBER        | .59 g    |
| ASH          | 1.61 g   |
| CALCIUM      | 99 mg    |
| IRON         | .17 mg   |
| SODIUM       | 143 mg   |
| VITAMIN C    | 20.3 mg  |
| VITAMIN A    | 300 IU   |
| SAT. FAT     | 1.511 g  |
| CHOL         | 2 mg     |
| SUGARS       | 4 g      |

## Production Recipes

Enter the following recipes into the software:

- (1) Chicken Nuggets
- (2) Salisbury Steak (Moisture and Fat Changes)
- (3) Salisbury Steak (D-33 USDA School Recipes)
- (4) Pancakes

Recipe Code Number: 29000

Recipe Name: **CHICKEN NUGGETS**

Category: Chicken Recipes/Main Dish Recipes

Food Ingredients:

CND# 51126 Chicken pattie, nuggets, CN enriched, as purchased 25 lb

Number of Servings: 100 \_\_\_\_\_

Serving Size/Description: 4 oz of nuggets \_\_\_\_\_

Moisture Gain/Loss = --10% \_\_\_\_\_

Fat Gain/Loss = 4% \_\_\_\_\_

Type of Fat: ID# 4044 Oil; soybean, salad or cooking \_\_\_\_\_

Provides: 2 oz meat (optional) \_\_\_\_\_

Preparation Instructions: Deep fry nuggets in oil for 5 - 10 minutes. \_\_\_\_\_



Recipe Code Number: 29001

Recipe Name: **Salisbury Steak (Moisture and Fat Changes)**

Category: Main Dish, Entree

Food Ingredients:

|       |   |              |
|-------|---|--------------|
| 23567 | Beef, ground, 85% lean meat / 15% fat, raw                                | 17 lb        |
| 8120  | Cereals; oats, regular, quick and instant,<br>w/o fortification, dry      | 1 lb + 8 oz. |
| 1123  | Egg, whole, raw, fresh  | 10.5 oz      |
| 14429 | Water, Municipal  | 2 C          |
| 6475  | Soup, Beef Broth or Bouillon, Powder, or 2 C<br>granules prepared w/water |              |
| 1091  | Milk; dry, skim, nonfat solids, regular,<br>w/o added Vitamin A           | 4.5 oz       |
| 11284 | Onions; dehydrated flakes   | 3.5 oz       |
| 2029  | Parsley; dried  | .5 C         |
| 2030  | Pepper, Black   | 1 TB         |

Number of Servings: 100 \_\_\_\_\_

Serving Size/Description: 1 patty \_\_\_\_\_

Moisture Gain/ Loss = -14% \_\_\_\_\_

Fat Gain/Loss = -5% \_\_\_\_\_

Type of Fat: 4550 Shortening, frying (heavy duty), beef tallow \_\_\_\_\_

Provides: 2.5 oz meat \_\_\_\_\_

Preparation Instructions: Combine all ingredients and bake at 350 F. \_\_\_\_\_

Recipe Code Number: 29002

Recipe Name: **Salisbury Steak (D-33 USDA Recipes for Child Nutrition Programs)**

Category: Main Dish, Entrée

Enter the recipe below using the Yield Factor Method. Raw ingredients and amount are included in parentheses below the cooked or "as consumed" ingredient and amount.

Food Ingredients:

|       |  |                  |
|-------|--|------------------|
| 23575 | Beef, ground, 80% lean meat / 20% fat, crumbles,<br>cooked, pan-browned<br>(23567 Beef, ground, 85% lean meat / 15% fat, raw] – 16 lb) | 12 lb            |
| 20038 | Oats   | 1 lb + 8 oz.     |
| 1123  | Egg, whole, raw, fresh   | 12 oz            |
| ***   | Soup base, beef, no msg, reconstituted (see recipe below)  | 2 C              |
| 1091  | Milk; dry, nonfat powder,<br>w/o added Vitamin A   | 4.5 oz           |
| 11283 | Onions, ckd, bld, drnd, w/o salt<br>(11282 Onions, raw - 1 lb + 8 oz.)   | 1 lb + 5.25 oz   |
| 2029  | Parsley; dried<br>Weights file Tablespoon measure)   | .5 C (based upon |
| 2030  | Pepper, Black  | 1 TB             |
| 2047  | Salt   | 1 T + 1 tsp      |

Recipe for reconstituted beef broth = (if program does not allow you to create a sub-recipe or add a recipe to a recipe, add both ingredients below)

|        |  |           |
|--------|--|-----------|
| 14429  | Water  | 2 cups    |
| 118345 | soup base, beef, no msg, low sodium (LJ Minor) | 9.4 grams |

Number of Servings: 100 \_\_\_\_\_

Serving Size: 1 patty \_\_\_\_\_

Moisture Gain/Loss = 0 \_\_\_\_\_

Fat Gain/Loss = 0 \_\_\_\_\_

Type of Fat: none \_\_\_\_\_

Provides: 2 oz meat/meat alternate \_\_\_\_\_

Preparation Instructions: Combine all ingredients and bake at 350 F.

Recipe Code Number: 29003

Recipe Name: **Pancakes**

Category: Breads

Food Ingredients:

|       |  |                 |
|-------|--|-----------------|
| 20081 | Wheat flour, white, all purpose, Enriched, Bleach            | 4 lb            |
| 18369 | Leavening agents, baking powder ...                          | 3.25 oz         |
| 2047  | Salt; Table  | 1 TB            |
| 1091  | Milk; dry, skim, non-fat solids, regular w/o added Vitamin A | 5 oz            |
| 19335 | Sugars, granulated   | 4.5 oz          |
| 1123  | Egg, whole, raw, fresh                                       | 1 lb + 12.5 oz  |
| 14429 | Water, Municipal   | 2 QT + 2.5 cups |
| 50383 | Oil, vegetable   | 2 C             |

Number of Servings: 100 \_\_\_\_\_

Serving Size/Description: 1 pancake \_\_\_\_\_

Moisture Gain/Loss = -16% \_\_\_\_\_

Fat Gain/Loss = 0 \_\_\_\_\_

Type of Fat: none \_\_\_\_\_

Provides: 1 bread serving

Preparation Instructions: Combine all ingredients and ladle 1 oz. batter on a 350 griddle. Flip pancake over when bubbles appear on top of pancake.

## Test Lunch Menus

The menus below are test menus to use to test the nutrient analysis functionality of nutrient analysis software submitted for evaluation by USDA. These menus do **not** meet the nutrient standard or meal pattern requirements of the current regulations.

Site/Location: Key High School

Meal: Lunch

Age/Grade Group: 9-12

Total Offered Feeding Figure: 500

Cycle 1, Week 1

Dates: December 7-13<sup>th</sup> 2014

| CND# | Menu Item | Portion Size | # of Servings (offered) |
|------|-----------|--------------|-------------------------|
|------|-----------|--------------|-------------------------|

### Standard (Daily) Milk Menu:

|      |   |     |     |
|------|---|-----|-----|
| 1079 | Milk; lowfat, 2% fat, w/added vitamin A | 1 c | 450 |
| 1085 | Milk; skim, w/added vitamin A           | 1 c | 25  |
| 1077 | Milk; whole, 3.3% fat                   | 1 c | 25  |

### Sunday, December 7, 2014

|        |   |            |     |
|--------|---|------------|-----|
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled (approximately 16.4% fat) | 3 oz       | 350 |
| 50124  | Salad, chicken; w/ dehydrated onions, mayonnaise (E-5)                                  | 1/2 c      | 150 |
| 18350  | Hamburger or hot dog rolls/buns, plain  | 1 each     | 450 |
| 900001 | Granola bar, low fat (from entry above - Food Items)                                    | 1 each     | 50  |
| 11935  | Catsup  | 1 tsp      | 350 |
| 11944  | Pickle relish, hot dog  | 1 tsp      | 200 |
| 11250  | Lettuce, (includes Boston & bibb), raw  | 1 lrg leaf | 500 |
| 11529  | Tomatoes; red, ripe, raw  | 1/4 c      | 500 |
| 9046   | Blackberries, cnd, hvy syrup, sol & liquids   | 1/2 c      | 225 |
| 9236   | Peaches, raw  | 1 med.     | 275 |

Milk Menu

**Monday, December 8, 2014**

|       |   |   |     |
|-------|---|---|-----|
| 50240 | Chicken Fajitas (D-40)*                     | 1 fajita                                | 350 |
| 50188 | Refried Beans (I-15)*                       | 1/3 cup                                 | 350 |
| 50124 | Chicken Salad (E-5)*                        | 1/2 c                                   | 150 |
| 11250 | Lettuce, (includes Boston & bibb), raw      | 1 c                                     | 100 |
| 11529 | Tomatoes; red, ripe, raw                    | 1/4 c                                   | 100 |
| 18350 | Rolls, hamburger or hotdog, plain           | 1 roll                                  | 150 |
| 9236  | Peaches, raw                                | 1 medium (2-1/2" dia) (approx 4 per LB) | 275 |
| 9046  | Blackberries, cnd, hvy syrup, sol & liquids | 1/2 cup                                 | 225 |
|       | Milk Menu                                   |   |     |

**Tuesday, December 9, 2014**

|       |   |                            |     |
|-------|---|----------------------------|-----|
| 51056 | Cheese Blend, American, slices, School Choice, Pre-sliced<br>Blend Substitute, 50/50, 5 LB, 160 slices, as served<br>(Schreiber Foods, # 02-5093-40221) | 2 oz                       | 300 |
| 60003 | Salisbury Steak (user-entered)  | 1 patty                    | 200 |
| 18064 | Bread; wheat (includes wheat berry)   | 2 slices                   | 300 |
| 50176 | Potato, mashed, instant, prepared from flakes   | 1/2 cup                    | 200 |
| 11179 | Corn; sweet, yellow frozen, kernels cut off cob,<br>boiled, drained, without salt   | 1/2 cup                    | 400 |
| 11250 | Lettuce, butterhead, (includes boston<br>and bibb types), raw   | 1 cup                      | 300 |
| 11529 | Tomatoes; red, ripe, raw, year round average  | 1/4 cup                    | 300 |
| 50041 | Apple Crisp (C-2)*  | 1 piece                    | 200 |
| 9040  | Bananas; raw  | medium (7" to 7-7/8" long) | 300 |
|       | Milk Menu   |                            |     |

**Wednesday, December 10, 2014**

|       |  |               |     |
|-------|--|---------------|-----|
| 23570 | Beef, ground, 85% lean meat / 15% fat,<br>pan-fried crumbles, cooked, pan-browned medium | 3 oz.         | 250 |
| 7025  | Frankfurters, turkey   | 1 frankfurter | 250 |
| 18350 | Rolls, hamburger or hotdog, plain  | 1 roll        | 500 |
| 50126 | Creamy Cole Slaw (E-6)   | 1/2 cup       | 500 |
| 11935 | Catsup   | 1 t           | 500 |
| 11944 | Pickle relish, hot dog   | 1 t           | 250 |
| 9240  | Peaches, canned, light syrup pack, solids and liquids                                    | 1/2 cup       | 500 |
|       | Napkins  |               | 500 |
|       | Milk Menu  |               |     |

**Thursday, December 11, 2014**

|       |  |            |     |
|-------|--|------------|-----|
| 50150 | Tuna Salad Sandwich (F-8)*                       | 1 sandwich | 250 |
| 50147 | Stromboli with tomato sauce (F-6a)*              | 1 piece    | 250 |
| 11253 | Lettuce, green leaf, raw                         | 1 oz       | 500 |
| 11529 | Tomatoes, red, ripe, raw, year round average     | 1 oz       | 500 |
| 50058 | Peanut Butter Cookies (C-14) *                   | 1 cookie   | 500 |
| 9409  | Pineapple juice, canned, w/added Vitamin C       | 1/2 cup    | 500 |
| 50135 | Dressing, French, w/type b vegetable oil (E-14)* | 1 T        | 500 |
|       | Milk Menu  |            |     |

**Friday, December 12, 2014**

|       |   |              |     |
|-------|---|--------------|-----|
| 15251 | USDA Commodity, salmon nuggets, breaded, frozen,<br>heated                | 3 oz         | 250 |
| 10134 | Pork, cured, ham, boneless, extra lean (approximately<br>5% fat), roasted | 3 oz         | 250 |
| 50202 | Orange Rice Pilaf (B-21)*   | 1/2 cup      | 500 |
| 11313 | Peas  | 1/2 cup      | 500 |
| 18347 | Rolls, dinner, wheat  | 1 roll (1oz) | 500 |
| 1001  | Butter, salted  | 1 t          | 500 |
| 11935 | Catsup  | 1 t          | 250 |
| 50160 | Tartar Sauce (G-6)*   | 1 t          | 250 |
| 9269  | Pineapple, canned, light syrup pack, solids and liquids                   | 1/2 cup      | 500 |
|       | Paper Plates  |              |     |
|       | Milk Menu   |              |     |

**Saturday, December 13, 2014**

|    |       |   |           |     |
|----|-------|---|-----------|-----|
| 7) | 50147 | Stromboli with tomato sauce; w/ all-purpose flour, type C vegetable oil, & active dry yeast (F-6a)  | 1 piece   | 300 |
|    | 50243 | Shepherd's pie; with ground beef (20% fat), fresh onions, frozen peas, frozen carrots, low sodium beef stock, spices, lowfat fluid milk (1% fat), margarine and dehydrated potato flakes (D-43) | 1 piece   | 200 |
|    | 11091 | Broccoli; fresh, cooked, boiled, drained, w/o salt  | 1/2 c     | 500 |
|    | 11409 | Potatoes; frozen, french-fried, extruded, prepared, heated/oven, w/o salt   | 10 strips | 300 |
|    | 9200  | Oranges; raw, all commercial varieties  | 1 large   | 500 |
|    |       | Milk Menu   |           |     |

\* - Indicates the use of the Abbreviated Descriptor

Document created 5/9/2012; updated 3/27/2014